

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
2	09. jan	10. jan <b>Cosmos</b> 17:30-19:00 <b>Titans</b> 18:30-20:30	11. jan	12. jan <b>Cosmos</b> 19:00-21:00 <b>Titans</b> 20:30-22:00	13. jan	14. jan <b>Get to know your team-party</b>	15. jan <b>No practice</b> Gym is closed for everyone except «Bergenteam»
3	16. jan	17. jan <b>Team meetings and social gatherings, no practice</b> <b>Cosmos</b> 17:30-19:00 <b>Titans</b> 19:00-20:30	18. jan <b>Stretch</b> 17:30-18:30 Voluntary stretching-session .	19. jan <b>Cosmos</b> 19:00-21:00 <b>Titans</b> 20:30-22:00	20. jan	21. jan	22. jan <b>Voluntary practice</b> 12:00-16:00 No organized practice, but feel free to come and tumble or stunt with your group.
4	23. jan	24. jan <b>Cosmos</b> 17:30-19:00 <b>Titans</b> 18:30-20:30	25. jan <b>Stretch</b> 17:30-18:30 Voluntary stretching-session .	26. jan <b>Cosmos</b> 19:00-21:00 <b>Titans</b> 20:30-22:00	27. feb	28. jan	29. jan <b>Voluntary practice</b> 12:00-16:00 No organized practice, but feel free to come and tumble or stunt with your group.
5	30. jan	31. jan <b>Cosmos</b> 17:30-19:00 <b>Titans</b> 18:30-20:30	01. feb <b>Stretch</b> 17:30-18:30 Voluntary stretching-session .	02. feb <b>Cosmos</b> 19:00-21:00 <b>Titans</b> 20:30-22:00	03. feb	04. feb	05. feb <b>Voluntary practice</b> 12:00-14:00 <b>General assembly</b> 14:30-16:30 We elect our group's new board. All members are expected to participate.

6	06. feb	07. feb	08. feb	09. feb	10. feb	11. feb	12. feb
		<b>Cosmos</b> 17:30-19:00  <b>Titans</b> 18:30-20:30	<b>Stretch</b> 17:30-18:30  Voluntary stretching-session .	<b>Cosmos</b> 19:00-21:00  <b>Titans</b> 20:30-22:00			<b>Voluntary practice</b> 12:00-16:00  No organized practice, but feel free to come and tumble or stunt with your group.
7	13. feb	14. feb	15. feb	16. feb	17. mar	18. feb	19. feb
		<b>Cosmos</b> 17:30-19:00  <b>Titans</b> 18:30-20:30	<b>Stretch</b> 17:30-18:30  Voluntary stretching-session .	<b>Cosmos</b> 19:00-21:00  <b>Titans</b> 20:30-22:00			<b>Mandatory extra practice</b>  <b>Titans</b> 12:00-14:00 <b>Cosmos</b> 14:00-16:00
8	20. feb	21. feb	22. feb	23. feb	24. mar	25. feb	26. feb
		<b>Cosmos</b> 17:30-19:00  <b>Titans</b> 18:30-20:30	<b>Stretch</b> 17:30-18:30  Voluntary stretching-session .	<b>Cosmos</b> 19:00-21:00  <b>Titans</b> 20:30-22:00			<b>Voluntary practice</b> 12:00-16:00  No organized practice, but feel free to come and tumble or stunt with your group.
9	27. feb	28. feb	01. mar	02. mar	03. mar	04. mar	05. mar
		<b>Cosmos</b> 17:30-19:00  <b>Titans</b> 18:30-20:30	<b>Stretch</b> 17:30-18:30  Voluntary stretching-session .	<b>Cosmos</b> 19:00-21:00  <b>Titans</b> 20:30-22:00			<b>Voluntary practice</b> 12:00-16:00  No organized practice, but feel free to come and tumble or stunt with your group.
10	06. mar	07. mar	08. mar	09. mar	10. mar	11. mar	12. mar
		<b>Cosmos</b> 17:30-19:00  <b>Titans</b> 18:30-20:30	<b>Stretch</b> 17:30-18:30  Voluntary stretching-session .	<b>Cosmos</b> 19:00-21:00  <b>Titans</b> 20:30-22:00			<b>Mandatory extra practice and showcase with Nixies Cheerteam</b>  Save the entire day/evening, more information will be given.

11	13. mar	14. mar <b>Cosmos</b> 17:30-19:00  <b>Titans</b> 18:30-20:30	15. mar <b>Stretch</b> 17:30-18:30  Voluntary stretching-session .	16. mar <b>Last practice</b> 19:00-22:00  Both teams practice together.	17.-19. march <b>Competition weekend</b>  Be prepared to leave early, around 12:00. You probably won't be able to go to the afternoon classes this day.
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### Practice after NCL/Towards Trondheim Open

After NCL there won't be any organized team-practice. We encourage you to form stunt groups and compete at the local competition Trondheim Open in the group stunt category. The stretching-sessions on Wednesdays continue through week 22.

### Thursday march 23rd: Group stunt workshop

We host a workshop to help you form groups if you want to compete at Trondheim Open but don't have a stuntgroup.

### Friday april 14th: Gudenes natteliv/The Night of the Gods

The coolest party of the season. NTNUI takes over "Studentersamfundet", and people from all the sportsgroups party the night away in their uniforms



### Weekend may 06th-07th: Trondheim Open/End of season get together

Some of our athletes may compete as group stunts. We go cheer them on at their competition and do something fun together to celebrate a fun season together. Save both days, this is the last weekend before exams 😬